

FLIGHT SCHOOL 2025-2026

6-MONTH IN-SEASON PROGRAM

NOVEMBER 3RD - MAY 21ST

FOR ANY VOLLEYBALL CLUB ATHLETES, BASKETBALL PLAYERS, AND MULTI-SPORT ATHLETES WHO WANT TO ELEVATE THEIR ATHLETIC PERFORMANCE DURING THE COMPETITIVE SEASON:

- CAN'T SEEM TO JUMP HIGHER, MOVE QUICKER, OR REACT FASTER UNDER PRESSURE
- LACKING THE CONDITIONING TO DOMINATE THE ENTIRE GAME/TOURNAMENT
- FEELING STIFF, SORE, OR CONSTANTLY BATTLING ACHES AND PAINS
- NOT GETTING THE ATTENTION FROM RECRUITERS YOU DESERVE

THEN THIS PROGRAM IS BUILT FOR YOU!

ELEVATE YOUR GAME, GET NOTICED, AND TRANSFORM YOUR PERFORMANCE.

OPEN TO AGES 8 & UP



WHY THIS PROGRAM WORKS?

✓ **6-MONTH PROGRESSIVE TRAINING SYSTEM**

(DESIGNED FOR EXPLOSIVE RESULTS!)

✓ **COMPREHENSIVE ATHLETE TESTING**

(BASELINE → MID-PROGRAM → POST-PROGRAM)

✓ **SKILL DEVELOPMENT FOR VOLLEYBALL, BASKETBALL & MORE**

(SKILL DEVELOPMENT FOR ALL POSITIONS)

✓ **OPEN TO ALL ATHLETES, ALL CLUBS, ALL ORGANIZATIONS**

(TRAIN WITH THE BEST IN KC!)



PROGRAM OVERVIEW

6-MONTH IN-SEASON PROGRAM

NOVEMBER 3RD - MAY 21ST

(END DATE SUBJECT TO CHANGE DUE TO UNFORESEEABLE WEATHER)

GYM WILL BE CLOSED: HOLIDAY WORKOUT PLANS ARE INCLUDED

- NOVEMBER 26TH-27TH
- DECEMBER 22ND-25TH, & 31ST
- JANUARY 1ST, & 19TH
- MAY 25TH

DELIVERABLES:

- ✓ 2-3+ MPH SPEED INCREASE (90% COMPLETION)
- ✓ 2+ INCH VERTICAL (90% COMPLETION)
- ✓ FASTER ACCELERATION & REACTION SPEED
- ✓ GAME-READY CONDITIONING & ENDURANCE
- ✓ MENTAL FITNESS TECHNIQUES
- ✓ ACCESS TO PROFESSIONAL RECOVERY TOOLS
- ✓ PARTICIPATION IN THE "REP YOUR LEGACY" PROGRAM

WHAT'S INCLUDED:

- **FREE TICKET TO OUR ANNUAL NLF COMBINE**
- SMALL GROUP TRAINING (3-6 ATHLETES)
- ADVANCED VERTICAL, SPEED & AGILITY DEVELOPMENT
- BASELINE, MID- & POST-PROGRAM TESTING (VIDEO ANALYSIS)
- POSITION-SPECIFIC SKILL DEVELOPMENT
- FLEXIBILITY & MOBILITY SCREENING & DEVELOPMENT
- TOTAL ELITE ATHLETIC DEVELOPMENT

EXCLUSIVE BONUSES:

- 🎁 ACCESS TO THE BIOMOTIVES RECOVERY CENTER
- 🎁 ACCESS TO OUR FUEL & FOCUS DAYS
- 🎁 HOLIDAY AT-HOME WORKOUT PLANS
- 🎁 NLF FREE NUTRITION COURSE



TRAINING SCHEDULE BREAKDOWN

- ◆ 48 Total Sessions (2x per week)
- ◆ Sports Performance Training (SPT) 90 MINS
- ◆ Active Recovery Training (ART) 30 MINS

DAY 1 (MONDAYS & TUESDAYS): SPORTS PERFORMANCE DAY

- 60-minutes: **SPT**
 - Speed, acceleration, and first-step quickness
 - Explosive vertical jump and plyometric training
 - Agility and change of direction mechanics
 - Power development and functional strength

DAY 2 (WEDNESDAYS & THURSDAYS): ACTIVE RECOVERY DAY

- 30-minutes: **SPT**
 - Conditioning, Light resistance & stability work, Plyometrics
 - Core, Reaction & Change of Direction Drills
- 30-minutes: **ART**
 - Guided Stretching
 - Flexibility, Mobility, Body Control, Balance & Proprioception Drills
 - Recovery Center Access

FUEL & FOCUS DAY (1x/Month)

- 30-minutes: Mental Training Session
 - Focus & Strategy, Meditation, Interpersonal, Leadership, & Visualization Techniques
- 30-minutes: Basic Nutrition Education (Hands-On)
 - How to fuel for tournaments, games, & tournaments

CHOOSE WHAT BEST FITS YOUR AVAILABILITY:

📌 GROUP A: MONDAY & WEDNESDAY

- Time Slots: 4:30 PM | 5:30 PM | 6:30 PM

📌 GROUP B: TUESDAY OR THURSDAY

- Time Slots: 4:30 PM | 5:30 PM | 6:30 PM



PARTNERED WITH BIOMOTIVES

ACTIVE RECOVERY & WELLNESS DAYS

ROTATING RECOVERY ACTIVITIES

- Pilates & Guided Stretch Days
- Flexibility & Mobility Drill Techniques
- Balance, Body Control & Proprioception Days

ROTATING RECOVERY MODALITIES

■ Recovery Center Access

Modalities:

NORMATEC Compression Boots, Foot Rolling, Massage Guns, Vibration Plates, MARC PRO muscle stimulation, Dry Sauna

What's NOT included:

- ✗ Sports Massage
- ✗ Decompression Cupping
- ✗ Assisted Stretching

These services are available separately.
Email biomotives@gmail.com for details.

 **Active NLF Subscription Members get 20% off recovery services!**



www.biomotives.com

HOW TO GET STARTED



✓ Step 1: Read This PDF Carefully

- Ensure you understand the program expectations and scheduling.

✓ Step 2: Purchase Your Plan

- Visit our website to select and purchase your training plan. Choose the best option for your schedule.
- Complete Forms & Waivers.

✓ Step 4: Schedule Your Sessions

- ✂ Sessions can be **FULLY** booked in advance.
- ✂ If a session is full, you can join the waitlist in case of cancellations.
- ✂ All bookings must be made at least 24 hours in advance.
- ✂ If your athlete is the only one signed up, we may kindly ask you flexible and move your group session
- ✂ All sessions are first come, first serve
- ✂ Cancellations require at least 24 hours' notice.
- ✂ HIGHLY RECOMMEND to claim your slots.

SCHEDULE & BOOKING

➡ HOW TO GET STARTED FOR NEW ATHLETES

- ✓ DOWNLOAD OUR **FIT BY WIX APP** & CREATE AN ACCOUNT
- ✓ ENTER INVITATION CODE: **AWDC96** & RECEIVE APPROVAL.

➡ YOU ARE RESPONSIBLE FOR BOOKING YOUR OWN SESSIONS.

- ✓ SESSIONS CAN BE FULLY BOOKED **IN ADVANCE** TO SECURE YOUR SPOT.
- ✓ IF A SESSION IS FULL, YOU CAN **JOIN THE WAITLIST** IN CASE OF CANCELLATIONS.
- ✓ ALL BOOKINGS MUST BE MADE AT LEAST **24 HOURS IN ADVANCE.**
- ✓ IF YOU NEED TO CANCEL, PLEASE NOTIFY US AT LEAST **24 HOURS BEFORE YOUR SESSION.**

PRICING & REGISTRATION



✚ First Come, First Serve – Limited Spots Available!

STANDARD PRICE

FULL SEASON PROGRAM - \$1600
(FULL 6-MONTH PROGRAM)

8PK - \$300/MONTH
(5-MONTH COMMITMENT)

4PK - \$165/MONTH
(3-MONTH COMMITMENT - SPT DAYS ONLY)

USE CODE
NLFFS50 TO
GET \$50 OFF
THE 1ST MONTH
WHEN SIGNING
UP BEFORE
OCTOBER 27TH

PURCHASE OF ANY PACKAGE = FREE TICKET TO OUR ANNUAL NLF COMBINE

DAY PASS - \$45/DAY
(SPT DAYS ONLY)

***TAXES WILL BE APPLIED AT CHECKOUT AND ALL
SALES ARE FINAL***

SECURE YOUR SPOT: PAYMENT IS MADE VIA OUR WEBSITE.
CHOOSE YOUR PLAN BASED ON PREFERENCE.



[PURCHASE HERE](#)



🚀 **READY TO ELEVATE YOUR GAME? SAVE YOUR SPOT TODAY!**



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